

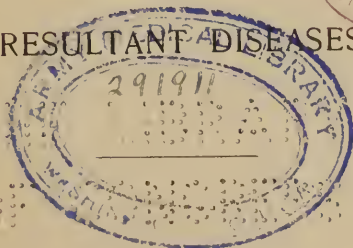
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HART
FOOD CURE FOR
CONSTIPATION AND
RESULTANT DISEASE

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THE
FOOD CURE
FOR
CONSTIPATION

AND
RESULTANT DISEASES



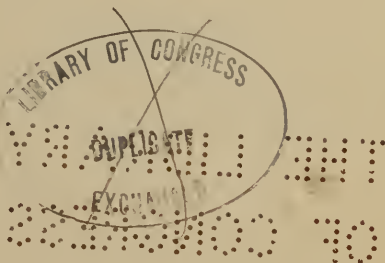
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How It Came About.

It is bad form to talk about one's ailments. Nothing is of less interest to one's hearers. I shall not bore the reader with a history of my case. I shall only say, in explanation of the appearance of this book, that I suffered from chronic constipation for nearly 20 years; that I was under the treatment of the best physicians in this country; that they dosed me with great quantities of drugs, after the manner of their profession; and that I steadily continued to grow worse. The more drugs I took the more I was obliged to take. It was necessary to increase the doses to startling proportions. Finally they lost their effect altogether. For 20 years I obediently swallowed nauseous drugs and contributed several thousand dollars to doctors and druggists. Then I became convinced beyond peradventure that chronic constipation and disordered digestion could not be cured by drugs. About this time I found that a few enlightened physicians had already made this most important discovery; and that, casting aside all drugs as artificial and injurious stimulants, they were begin-

ning to learn the great truth that the natural remedy for constipation is food—food used medicinally; that Nature has ordained that certain simple and wholesome articles of food will always cure costiveness no matter how severe. I began experimenting upon myself with various foods. I threw away all drugs and patent medicines. Here and there, from the few doctors I was able to find who were willing to admit that drugs were worse than useless in the cure of constipation, I obtained an occasional valuable hint in the line of my inquiries. Presently, by actual trial upon myself and others similarly afflicted, I ascertained the effects upon the stomach and bowels of various articles of food. I continued a series of careful experiments for several years, and I finally found Nature's remedy for constipation—the Food Cure. I do not claim to be the original discoverer of this system. This little book is simply the record, in plain words, of the experiences of a plain man—a practical man—who, failing to find help at the hands of doctors and injurious drugs, turned to our great mother, Nature, and was healed. All who suffer as I did may be cured as I was.

Constipation and Its Consequences.

Constipation is a morbid condition of the bowels characterized by suppressed or difficult evacuations and hardened feces. It leads to a greater number of serious diseases and its evil effects are more widespread than any other derangement of the human system. This may seem like an extreme statement; but intelligent physicians who are abreast with the progress of the day—acquainted with the latest discoveries of medical science—will tell you that it is the simple truth. Dr. Joseph F. Edwards, an enlightened physician and a high authority upon this subject, of which he has made special study, says:

“I have been led to regard regularity of evacuations from the bowels as one of the most important elements in the preservation of health and the promotion of longevity; regularity and frequency of evacuations are “an absolute necessity.”

Dr. Lionel S. Beale, of London, says: “There is even the possibility that a condition bordering upon insanity may be

brought about by long-continued improper action of the bowels."

Constipation is one of the most frequent causes of troublesome headaches, of indigestion, of biliousness and other liver disorders, of the dreadful pangs of dyspepsia. The stomach and digestive organs cannot properly discharge their functions in one who is of costive habit. Piles are sure to result from neglected constipation.

The contents of the bowels are the refuse of the food we have eaten and digested. If you do not remove this offensive mass your food will not nourish you properly, because the digestive functions are so interfered with by this deposit of decaying animal matter that they cannot be properly performed.

Constipation causes an engorgement of the liver, and chronic inflammation which results in disease of the structure of the liver. Thus many cases of liver disease originate from constipation. The retention of this poisonous, decayed fecal matter in the system poisons the blood, because the poison does not escape in the natural way. This poison is of course carried, by the circulation of the blood, to all portions of the body and will produce effects so injuriously widespread as to interfere with the whole function of life. Death itself may be caused by constipation when it has been long con-

tinued and neglected. The authority from whom I have already quoted—Dr. Beale—says: “Constipation has caused death. I have myself seen such a case;” and he proceeds to cite the case in point. Thus, as Dr. Edwards points out, free and daily evacuations from the bowels are an absolute necessity if one would retain his health. “The evil results of constipation are not confined to the bowels, but ramify throughout the whole organism. Indeed, they have no boundary. Their field of operation is only limited by the limits of the body itself.”

How to Cure the Disease.

Having considered briefly what constipation is and touched upon some of its serious and often fatal consequences I come now to the essential portion of this little book—the Remedy for the Disease. In what I am about to say I know I shall run counter to the practice, if not the opinions, of very many physicians. Unfortunately, the majority of the medical profession treat constipation to-day in precisely the same way that their predecessors did centuries ago. The world moves; all the arts and sciences have advanced; steam has taken the place of horses; the electric light has superseded the sputtering rush light. Medicine itself has made great strides. But doctors still go on dosing sufferers from constipation with nauseous and injurious drugs and violent purgatives, often ruining their patients' health, not only aggravating the very diseases they set out to cure but actually subjecting the sufferers to the dangers of the many other diseases that follow in the train of chronic constipation. Fortunately for humanity there are physicians who have

emerged from this darkness of barbarism into the light of up-to-date knowledge and experience. They have learned a great truth and they will indorse these words:

NEVER, UNDER ANY CIRCUMSTANCES,
ALLOW YOURSELF TO BE INDUCED TO
TAKE DRUGS OR PATENT MEDICINES FOR
THE CURE OF CONSTIPATION.

Drugs will never cure constipation; if persisted in they will aggravate it.

There is only one cure for constipation and for the prevention of the evils that follow it and can be summed up in three words:

USE FOOD MEDICINALLY.

Nothing but injury and aggravation of the disease can follow the use of drugs for constipation. Many of the quack medicines whose proprietors make fortunes through the gullibility of the public injure the digestive functions to an extent that is irreparable. These nostrums may open the bowels, but they do so by a dangerous process—artificial stimulation. The distinguished medical authority from whom I have already quoted says: "Stimulation is an artificial process. As with alcohol so with these drugs, long continued use breeds such tolerance of their effects that each successive dose must needs be larger than the preceding one, until finally enormous doses are required to procure a single evacuation from the bowels, which

should have occurred naturally and spontaneously if this pernicious habit had not been cultivated."

There is only one way to cure constipation:

USE FOOD AS MEDICINE.

This is Nature's remedy—the only rational, common-sense way. There are other things that one should do to help along the cure and to establish a habit of proper evacuations from the bowels. Regularity in living—especially a regular time for going to the closet and regular hours for meals—is a necessity. This will assist in securing the end desired. So will physical exercise, sometimes, cold bathing, and a use of the Swedish movement cure and self-massage. I shall allude to these aids later on. But the great remedy is to select such articles of food as are of a laxative tendency; in other words, instead of using drugs as medicines to use food medicinally. There are certain articles of food which will counteract a tendency to costiveness and which stimulate the action of the bowels. Knowing what these food medicines are it is a very simple and easy matter to select them in preference to those which have a binding effect. Nor does this method involve any great hardship or deprivation of the pleasures of the table.

The list of food articles which follows has

been prepared with the greatest care. It is the result of many years of experiment and observation on the part of the writer. The effect of every dish enumerated has been intelligently and carefully noted. Of course it is impossible to predict that every article mentioned will have exactly the same results upon every patient and in every instance. No two human organizations are constituted exactly alike and no two cases of constipation are precisely similar. The same food does not invariably have the same effect even upon the same persons. Cheese, for instance, does not always have a binding tendency upon all people, although as a rule it is extremely constipating. All that it is possible to do is to lay down certain general rules as to what kind of food one of costive habit should eat and what kind one should avoid. In your particular case you may find that I have put upon the list of forbidden things some dishes which you believe you can indulge in without aggravating your disease. But your neighbor cannot. On the other hand some kind of fruit or vegetable which I have advised you to eat you may discover to be powerless to help your recovery. As I have said, it is quite impossible to make inflexible rules. A little care and observation of the effects of certain dishes upon yourself, and a little patience

and common sense will soon teach you to select, from the lists I have prepared, the food medicines which are best adapted to your case. The lists are long. From them you will surely be able to find a cure.

You must be prepared to wait some little time for your cure. But of this be assured: Constipation can always be cured by the use of the proper food. And if you will follow the regimen as laid down in this little book, systematically, carefully and patiently, your cure will certainly follow, and you will enjoy life as you never did before. Don't be tempted, on any account, to use drugs, or you will surely aggravate your disease. All drugs are injurious. Certain fruit syrups may be used to advantage to facilitate your cure. Fig syrup is an admirable thing to be used as a help. Cascara sagrada may be taken in small doses in stubborn cases of constipation, but only as part of the regimen. You must always adhere to the food diet prescribed. Cascara is not a drug, it is a vegetable juice. Use the aromatic elixir of cascara sagrada, not the extract, which is too powerful. A quarter of a teaspoonful three times a day may be used during your dieting. It will help to loosen the bowels, and it will not react and leave you in a worse condition than before, as all drugs do. I find it to be quite safe.

I cannot urge too strongly upon your attention the absolute necessity, in using the food cure, that your food shall be of the very best quality and properly cooked. It is an unfortunate fact that in this country good cooking is the exception and not the rule. Badly cooked dishes are dry and flavorless. They will not help you medicinally and may add to your constipation.

Eat plenty of fruit. Fruit is Nature's purgative and corrective. It is an exceedingly important agent in producing a healthy action of the bowels.

Always begin the day by eating fresh fruit for breakfast. An apple or an orange is particularly good for the purpose we are considering and both are easily obtainable at almost any season of the year or in any locality. With most people, probably, a juicy apple is more effective than an orange. Chew the apple thoroughly and slowly. Do not swallow any of it until it is reduced to a pulp in the mouth with saliva. Do not swallow the apple in chunks, however small, as many people do. That will do you more harm than good. Never hurry in eating your fruit, nor in eating any food, for that matter. Always eat slowly. Food that is hastily eaten and swallowed goes into the stomach without being softened by saliva. It forms a hard mass in the bowels and is a

frequent cause of constipation. The passages become hard in mass and difficult to eject.

A soft, juicy baked apple served with sugar and cream is an agreeable change. Apple sauce, apple butter, or apple jam are other forms in which this fruit is desirable.

Peaches, grapes, grape-fruit are all good laxatives. Grape-fruit is a delicious dish when properly served. The fruit should be cut in half, the centre spooned out, powdered sugar put in, and then, if a small quantity of Chartreuse or Curacoa be poured in and the fruit allowed to stand for 15 minutes it is a very refreshing dish. Be sparing of the cordial, however, lest you aggravate your constipation.

Strawberries, raspberries, currants, blackberries, cherries, gooseberries, huckleberries—in fact any of our native small fruits and berries are admirable in their season.

Some kinds of pears and plums have a slightly astringent flavor and are less to be recommended than other fruits. A very soft, mellow, sweet pear or plum is not open to this objection.

I have found only two kinds of fruit of doubtful value, if not unwholesome—pine-apples and bananas. In my own case bananas always have a constipating effect, forming a heavy mass in the stomach, not read-

ily digestible. Several acquaintances have had the same experience. That this is not the case with all persons I know. You can easily tell by a few experiments whether or not these fruits are hurtful to you.

Persimmons, because of their astringent quality, are not particularly good.

Alligator pears, sapodillas, mangoes and similar tropical fruits sometimes sold now in our markets, are very wholesome. Alligator pears are appetizing served as a salad.

Uncooked or stewed prunes, stewed or raw dried figs, dates, either raw or cooked, are among the very best food medicines for constipation. They are the remedies that a wise and bountiful Nature provides. There is more virtue in these fruits than in all the drugs that were ever compounded. Eat plenty of figs, prunes and dates, and avoid too much meat and other constipating food, and you will never be troubled with costiveness nor indigestion, nor piles, nor any of the diseases that result from chonic constipation. And if you have unfortunately become a victim to costiveness you can cure yourself if you will eat plentifully, perseveringly and systematically of these fruits and avoid the food that causes your trouble. There is much difference in the quality of various brands of dried fruits. The best and juiciest prunes now come from Califor-

nia. Turkish figs are the best. Always get the best fruits. The inferior qualities are dry and tasteless.

Almost any kind of stewed fruit is a great help in the cure of constipation. Stewed apples probably stand first on the list, with most people, as the most laxative of our native fruits. Stewed rhubarb is an admirable laxative—oftentimes it is far more effective than anything else. I have seen obstinate constipation cured by a week's use of stewed rhubarb or rhubarb pie.

Stewed peaches are to be commended, the fresh fruit particularly, although dried or evaporated peaches are good in some cases.

Stewed grapes are admirable, if you are not foolish enough to be afraid of appendicitis. You must swallow the grape seeds in order to have the desired effect on your bowels. Without the seeds the grapes will do you very little good, and there is sometimes an astringent quality in this fruit which is not laxative. Don't be afraid to swallow the seeds. The chances that a grape seed will lodge in that mysterious cul de sac in your intestines are about one in a million. Occasionally we hear of a brick falling from a chimney top and smashing the skull of some unfortunate by-passer on the street below. But if a man would persistently refuse to join the throngs on Broad-

way or Chestnut street for fear of some such mischance as this he would be a subject for a lunatic asylum. We take more serious chances every hour of our lives than swallowing grape seeds. If you have constipation and want to help your case eat grapes and don't spit out the seeds.

Drink plenty of water.

After you have eaten fruit, which should always form your first course at breakfast, drink a glass of cold water, but not too rapidly, nor should the water be so icy as to chill the stomach. It is necessary, in order to cause regular and easy evacuations, to take plenty of water into the stomach. The reason is plain enough. All food goes first to the stomach and then into the intestines, or bowels, which are simply a continuation or prolongation of the stomach, the intestines being a long coiled tube measuring as much as 25 feet. If there is not water enough to soften the contents of the bowels the mass of refuse or fecal matter will be so hard and dry that your bowels will find it difficult to move it along towards the anus; and when it is finally expelled it may cause you pain, and will surely, if this condition continues, result in hemorrhoids, or piles. Therefore, drink plenty of water, not only at breakfast time but with all your meals.

Another extremely important breakfast

dish is oatmeal. The coarse kind is the best,—the coarser the better. Oatmeal has this peculiarity which makes it valuable for those of costive tendency: After the process of digestion in the stomach and bowels there is a large indigestible residue which is somewhat irritating to the lining membrane of the bowels; not enough to do harm, but just enough to prevent torpidity and stimulate the muscles of the intestines to healthy action.

Cracked wheat, hominy, or any other of the grain foods which are now prepared in appetizing form may also be eaten for breakfast with much advantage. But oatmeal is to be preferred.

Bran bread, and bread made of unbolted flour, recently put on sale in some of the stores under the name of "health bread" are admirable for constipation for the same reason that oatmeal is. These breads should be used at all times as a substitute for the ordinary bakers' bread. A diet of bran or "health" bread, fruit, oatmeal and salads will cure an obstinate case of constipation.

Among the dishes to avoid, at the breakfast table and everywhere, are griddle cakes, hot, soggy biscuits, or heavy muffins. They form a doughy, indigestible mass in the stomach and bowels. No one who is troubled

with the least tendency to constipation should ever eat such food.

The less meat you eat for breakfast the better. A soft omelette is much to be preferred. There are no fewer than 30 different omelettes to ring the changes upon and among the 300 ways of cooking eggs which our accomplished French cousins have invented. Any of them will be good for you except those in which the eggs are cooked hard.

Fish, oysters or crabs when properly cooked, are wholesome breakfast dishes for the constipated, if sparingly eaten. Clams are to be avoided for breakfast, and raw clams at all times. Salmon is the least to be preferred of fish. It is the hardest to digest.

If meat is eaten for breakfast it should be a very small quantity. Almost any kind you can select is better for you than beefsteak. Beef is always of a constipating tendency. You had best avoid it, certainly at the breakfast table.

Calf's liver, with a taste of bacon, a tender lamb or veal chop, a lamb's kidney, a broiled bird, chicken, frog's legs—are all to be preferred to beef or mutton.

One thing is of the first importance—eat all the fresh, green vegetables you can. This applies not only to breakfast but to all meals.

The more fresh fruits and vegetables you eat and the less meat the speedier will you be cured of constipation. Use them freely—they are Nature's laxatives. Their use cannot be too highly commended, whether one is of costive habit or not. Canned vegetables have no virtue in curing constipation.

Of all spring vegetables tomatoes are the most medicinal. Get the first that come in the spring and eat plenty of them as long as they last. They can be prepared in scores of appetizing ways by an experienced cook. They are particularly laxative when sliced raw and eaten as a salad with plenty of oil in the dressing.

Sliced onions, or onion salads, are very wholesome—either the large Bermuda onions which are brought to our markets in the winter, or our own delicate and tender young onions which come in the spring and early summer.

Cucumbers, either alone or sliced with onions and tomatoes, are desirable for those of costive habit, always with oil dressing. Young dandelion is good also.

Lettuce, water cress, and other greens for salads can now be procured all the year round in the large cities on the Atlantic coast. Celery is always to be had during the fall and winter. You have something to learn if you have not acquired a taste for a succulent

salad. There are few dishes that are more helpful to one of costive habit than a salad made of fresh green vegetables with plenty of the best salad oil in the dressing—"a spendthrift for the oil, a miser for the vinegar, and a madman to mix it up," as the Spanish recipe for a salad dressing puts it. A dressing in which butter or cream is used is the next best medicinally. A plain salad is often the constipated victim's best friend. In some cases it is more efficacious even than fruit, because one can eat a good plain salad at any time in the day—for breakfast, or lunch, dinner, or as a nightcap. Many people find fruit disagrees with them at night.

Speaking of salad dressing reminds me of the necessity of a word upon the subject of condiments. Never use black pepper. Always use cayenne, or red pepper, not only in salad dressing but in seasoning all your food. No one who has any regard for his stomach should ever put any black pepper into it. It is a literal fact that black pepper never digests. The gastric juice, which has been said to be so strong that it will dissolve a ten-penny nail, is not powerful enough to melt a grain of black pepper. If you ever eat a clear soup made by a cook who does not know any better than to season it with black pepper look in the bottom of your plate. You will see the grains of black pep-

per. They have been boiled for hours in the scalding soup, over the hottest of fires; but the grains of black pepper are quite as hard as so many grains of sand. And so they remain in your stomach and bowels—a foreign substance and an irritant. Red pepper, on the other hand, is not only easily dissolved and is a harmless condiment, but it is really a wholesome tonic and stimulus to the digestive organs. If you have a canary bird that is ill and drooping put a red pepper in his cage: he will nibble at it and soon be well again. Give him a few grains of black pepper and there would speedily be a dead bird.

If you use coffee for breakfast don't drink it too strong. The more cream or milk in the cup and the less coffee the better. A hot cup of coffee at breakfast time may bring on a desire for an operation of the bowels. But it is not the coffee that does it—it is the fact that it is a warm liquid. A cup of hot water would be still more efficacious. Coffee is not a laxative. Tea should be avoided, or used only sparingly, and never very strong.

Chocolate, broma or cocoa are better than either tea or coffee, because of the oils they contain.

A cup of hot water, however, is much better than any of these.

Don't drink much milk. It has a constipating tendency.

As to luncheon and dinner a simple rule for guidance in the choice of your food is to remember, as I have said before, that, as a general thing, most meats are constipating and soft vegetables and fruits are laxative. Eat plenty of the proper fruits and vegetables and sparingly of meat and your restoration to a healthy action of the bowels will be speedier.

Among the vegetables to be preferred are those which, when properly cooked, are very soft, such as mashed potatoes, stewed, fried or baked tomatoes, asparagus, kale, spinach, stewed onions and turnips. Peas and beans are so often underdone or otherwise spoiled by ignorant cooks that you had best avoid them unless you find them to be soft. Cauliflower may be eaten when soft. But eat only the tops—not the stems. The same rule applies to Brussels sprouts and artichokes—eat only the softest portions.

Avoid all vegetables that are inclined to be hard or stringy. Potatoes in any form except mashed or boiled soft had best be put on the black-list, with carrots, parsnips, and egg-plant, oyster-plant or salsify, and cabbage. Green corn should be eaten only when very fresh and juicy and cooked in the

best manner. Most cooks are ignorant of the proper way to prepare it.

I have put cabbage among the "Don'ts," and yet there are cases where boiled cabbage acts as a help in constipation. I have found it so with myself. It is a matter which you must decide for yourself. A few experiments will soon enable you to judge of its effect. I have seen even instances where raw cabbage, chopped up as cold-slaw, or salad, has a laxative tendency. For those of weaker digestions a hot slaw, made by pouring scalding vinegar dressing over finely-chopped cabbage, is sometimes efficacious. The scalding softens the cabbage, partially cooking it. These cases are exceptional. It is wisest to avoid cabbage in any form, unless you are very sure that its results are beneficial.

Soups are of a more opening tendency than solid meats, on the principle that soft foods are best. A plate of hot soup with nothing after it will sometimes bring on an inclination for an evacuation. The lighter, thinner soups are better than the heavy, rich, sorts. Try the experiment of eating the vegetables in Julienne soup. There is no nutriment left in them and they are for that reason about ready to pass through the bowels, which they sometimes stimulate to action.

As to meat the less you eat of it the better.

If your constipation is obstinate and long-continued you should be willing to make a sacrifice of some of the pleasures of the table for the sake of redceming your health, perhaps your life. If you will banish meat altogether from your regimen and live upon a fruit and vegetable diet your cure will be sure and speedy. A few weeks will complete it and then you may indulge in meat once more, if you are abstemious and careful. The sacrifice is not so great as you may imagine. After a few days one finds to his surprise that it is not such a deprivation, after all.

If you are not willing to give up meat altogether eat sparingly and by all means avoid meats that are well-done to the point of being hard and dry. The softer and juicier the meat the better. Stews, ragouts, sautes are better than roasted, baked, fried or broiled dishes. Fat meat is to be preferred to lean at all times.

All foods with fats, or oils in them, as a rule, are best for sufferers from constipation. For this reason pork, bacon or ham is better than beef. So are what butchers call the "green" meats—young veal or lamb and the softer kinds of flesh, such as kidneys, liver, sweetbreads, fries, etc. Oysters and fresh fish are good food for the costive, as I explained in discussing the breakfast

menu. Clams are not good unless cooked until they are very soft. Soft clams are better than the quogues, or hard clams.

As a general rule one who suffers from constipation ought to avoid cheese. And yet it is a mistake to condemn all cheese as constipating and to all persons. I know that most physicians will tell you that cheese is always binding. But if you are fond of cheese and don't want to give it up altogether there is no harm in your experimenting upon yourself. You may be one of the exceptions to the rule. In my own case I am very fond of cheese, especially of the more delicate foreign brands. I like to put the finishing touch to my dinner, occasionally, by a dainty bit of ripe Camembert, moistened with fine old port, and spread upon a toasted Bent's cracker. I was loath to give up this little luxury entirely. I found, by experiment, that the softer cheeses—like Camembert, Canadian Club-house, Neufchatel—did not produce constipation when partaken of very sparingly. They should be used seldom, however. But the heavy, solid cheeses, especially the putty-like stuff served in many American restaurants, should never be eaten under any circumstances. It is the worst possible food for constipation.

One dish always to be avoided by anyone troubled with the slightest tendency to

constipation is the Welsh rarebit. I have never known it to fail to increase costiveness. Avoid it in any form, even when—with a poached egg surmounting it, and cooked properly—it invites you as a golden buck. If you are so fond of Welsh rarebit, however, that in spite of my warning, you must indulge yourself on some rare occasions, I beg you to see that it is entrusted to a cook upon whom you can rely, if you don't know how to make the dish yourself on a chafing dish—an ignorance to be greatly deplored. In order that a Welsh rarebit shall be smooth and soft it is necessary to use ale in the cooking of it. The tough, stringy, indigestible mass of cheese which one finds it many restaurants is so because the cook, instead of using the ale in the customer's rarebit, quietly drinks it himself.

Nearly all dishes in which cooked cheese forms any considerable portion had best be put on your black-lists. Macaroni or spaghetti with cheese, cheese omelette, toasted cheese, are all injurious.

Liquors are for the most part very injurious—especially alcoholic liquors. There is probably nothing that a man can take into his stomach, liquid or solid, that is so costive in its effects as brandy. If you would be cured of constipation never, under any circumstances, drink brandy. Whisky is al-

most as bad in its effects. The other alcoholic drinks are also to be avoided. There is a popular impression that gin acts upon the kidneys and opens the bowels. This is not the case. If it ever does it leaves the bowels in a worse state than before. Ginger ale, sherry wine and all heating drinks should be tabooed. With some patients a little good claret, or sauterne, at dinner time, does not retard the cure. But unless you are accustomed to drink wine with your dinner and would feel the deprivation, you had best not use it at all. Malt drinks, while they are less constipating than distilled liquors, should not be used. Beer and ale, supposed by many people to be laxative, have not a loosening effect, unless in some cases of a very temporary sort. And they always react, leaving the bowels more constipated than before. It is best to avoid all liquors—spirituous, fermented and malt. They are very apt to derange the stomach and liver and thus aggravate a case of costiveness.

Cider is a very beneficial drink for the constipated. Some of the natural mineral waters are safe to use, but be sure that they are not artificially charged with gas. A cup of hot water a half hour before eating will often help constipation.

Licorice water is useful because of its mildly laxative tendencies. Orange juice I have

found to be good; but lime and lemon juice are not beneficial. Avoid any drinks containing ginger. They are sure to be constipating.

While the use of food as medicine is essential for the cure of constipation there are other things to be used at the same time that will help the cure. Most important of these aids is to establish habits of regularity, not only in your hours for meals, but in the time for going to the water closet. Having determined upon the hour which is most convenient for you you must be sure and go at that hour every day. Do not be discouraged if you do not succeed in having an operation at first. Strain gently, remain only a few minutes and come away. Go again at exactly the same time next day. Have patience. Be assured that the regularity of your visits will eventually bring about the desired object. And having established the habit of regular operations never neglect this most important function. Never resist the desire to have your bowels moved, no matter when it comes. In very obstinate cases use an injection of warm water at the same hour every day. It will eventually stimulate the sluggish bowels to act of themselves. In the case of young children they should always receive an injection every day until they become regular.

If you have no desire to evacuate the bow-

els immediately after breakfast a brisk walk may bring on the inclination. A walk to your office every morning may do much to establish regularity. People who are subject to constipation, biliousness, foul mouth and disordered stomach should try a brisk walk in pure country air. It will often induce a free evacuation of the bowels. The length of the walk should depend upon one's physical strength, age and habits of life. The exercise should not be too violent nor the fatigue too great. One of sedentary life should not walk so far as one whose habits are more active, nor should women, nor the old walk too much. A five mile walk, at a brisk pace, is enough for the average man. Try it and judge from your experience upon yourself. In a general way it may be said that all physical exercise, if not too severe, is not only beneficial to the general health but will stimulate the bowels. Horseback riding is among the very best. Rowing, bicycle riding, driving, skating, swimming are all good. But do not overdo it. No exercise should be too violent. Running, for instance, is injurious. Boxing and fencing are admirable.

The Swedish movement cure is sometimes useful in assisting to relieve constipation. It consists of certain muscular motions intended to stimulate the torpid bowels. One

movement is forced inspiration of air, by which an extra amount of stimulating oxygen is taken into the body, thus increasing the vitality of the general system, including the bowels. A series of twistings and turnings which bring every muscle of the body and limbs into play is another part of the scheme. One beneficial exercise is to throw the head, body and shoulders as far back as possible. This tends to expand the abdominal cavity, giving space to the bowels and auxiliary organs to act more freely and to relieve them from the cramping resulting from the prevalent habit of leaning forward. A prominent physician claims that two weeks of the Swedish movement treatment will cure any case of constipation.

Rubbing the abdomen with flesh-gloves, or a coarse towel, will have a tendency to stimulate the bowels. This I have tested by experience. Dr. Birch, in his work on Constipation, recommends pressure and kneading of the abdomen after the following method: Place your hands low down on the right side of the abdomen, press gently but firmly, and draw your hand upward until you reach the lowest rib. Then cross the abdomen to the left side and descend to the lowest possible point. Your hand follows the course of that portion of the bowels known as the large intestine. By the pressure you gently stimu-

late this part of the intestinal tube to increased action, and assist it to move its contents along and finally expel them. This pressure should be practiced 20 or 30 times, morning and evening, and in connection with the food cure. I have tested this practice and know it to be of great benefit. Try it every time you go to the closet. It is a simple and easy matter, and will surely help to stimulate the sluggish muscles of the bowels. Pass the hand slowly over the abdomen. A kneading motion is sometimes efficacious, straining gently at the same time. Do not strain too violently, especially if you are subject to piles.





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